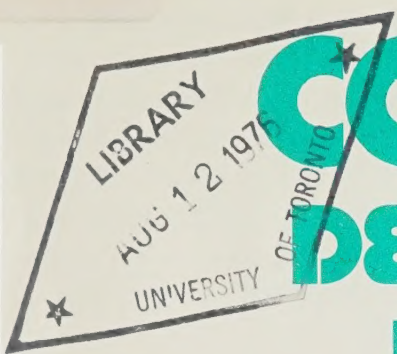


CA20N
CR
- Z227

VF

D

3 1761 11973221 2



NATIONAL COACHING DEVELOPMENT PROGRAM

Government
Publications

DEPOSITORY LIBRARY MATERIAL



Ministry of
Culture and
Recreation

Sports and
Fitness
Division

Hon. Robert Welch
Minister
Robert Johnston
Deputy Minister

Purpose

It is well known that coaches play a very influential role in both the short and long term physical and emotional development of athletes. This applies to career coaches and to community volunteer coaches.

All coaches to be more effective, should be given the opportunities to discover the art and science of coaching. Now, through the National Coaching Development Program these opportunities exist. This program is designed to offer coaches of all sports and levels specialized knowledge. The program should help the novice and inexperienced coach to understand the fundamentals of coaching, and enable the more seasoned coach to improve his/her skills by acquiring the most recent coaching principles.

Structure & Scope

The program is on a five-level system. Each level consists of a theory, a technical and a practical component.

	THE MODEL		
	Theory	Technical	Practical
Level I	16 hrs.	16 hrs.	1 year
Level II	40 hrs.	40 hrs.	3 years
Level III	60 hrs.	60 hrs.	5 years
Level IV (National)			
Level V (International)			

The program is national in scope. Each provincial and territorial government, in co-operation with the approximately 60 Provincial Sports Governing Bodies now existing, is responsible for administering the first three levels. The Federal Government and the National Sports Governing Bodies will be responsible administratively for Levels IV and V.

THE THEORY

If a coach has coached more than one sport, he/she soon discovers that there are common aspects. For example, training methods used in one might easily be applied to another.

Therefore program developers produced the Theory component to enable coaches of different sport, age and sex backgrounds to learn general coaching principles and to see how these principles could be applied to various sport situations. The Theory classes also provide coaches with the opportunity to share experiences and learn from each other.

The courses are taught across the country in institutions which provide an educational environment. (Note chart for contact hours.) To maintain the quality only qualified instructors may teach and each province presents the same content, insuring uniform instruction across Canada.

Topics covered in Theory:

Role of Coach - Clarifies responsibilities of a coach and discusses various aspects of the interrelationships existing between a coach, athlete and team.

Psychology of Coaching - Looks at psychological needs of the athlete, motivation, psychological preparation for games.

Motor Learning - Explains process by which physical skills are learned most effectively.

Sport Medicine - Analyzes care, prevention and understanding of sport injuries.

Biomechanics - Explains mechanisms of human motion whether on land, in water or air.

Exercise Physiology - Relates performance of physical activity to body functions such as action of muscles and working of circulatory system.

Growth and Development - Relates physical activity to various age, sex and growth differences of athletes.

Training Methods - Discusses diet, pre-season training, effects of exercise, training methods for different sports, etc.

THE TECHNICAL

When a coach has completed the general theory course, he/she then takes a technical course in the sport of his/her choice. The technical courses relate the updated methods for teaching and learning of physical skills and strategies of the particular sport. They also specifically apply the general coaching principles studied in Theory.

Technical courses have been designed by the respective National Sports Governing

Bodies, with technical assistance from the Coaching Association of Canada. Only qualified instructors teach these courses under the supervision of the Sports Governing Bodies. (Note chart for approximate contact hours.)

THE PRACTICAL

Once a coach has taken the Theory and Technical, he/she can then apply the knowledge acquired by actually coaching. Where possible, coaches are being given on-the-scene evaluation by regional and area representatives of the Sports Governing Body.

The Certification Process

It is recommended that a coach take the general theory course of one level, follow it with the sport specific technical course and then coach in the practical component. It is only when a coach completes the Theory, Technical and Practical requirements of any one level, will he be certified at that level. Also:

At Level I - Theory, a pass is based on 100% attendance. At Levels II and III - Theory, a pass will be based on successful completion of an exam.

For the specific requirements of certification relative to Technical and Practical components, contact the Sport Governing Body concerned.

A coach may take all the Theory courses prior to the Technical or vice-versa. However, he must take 1 prior to 2, 2

prior to 3. It is recommended that a coach take the Theory, Technical and Practical of one level before advancing.

The progress of a coach through the program will be monitored by the Provincial Government with assistance from each Sports Governing Body. All records will be centrally computerized. There will be joint certification between the provincial government and the respective Sports Governing Body.

General

- The program is offered to coaches of various sport, sex and age backgrounds. However, a minimum age of 16 is recommended prior to anyone participating.
- Fees for the courses are minimal.
- Courses are offered in English and French.

Acknowledgements

The program is being developed by the Sports and Fitness Division of Ontario's Ministry of Culture and Recreation, with input from a number of provinces and experts from across Canada. It has received the formal support of the Council of Provincial Directors of Sport and Recreation in Canada. Financial assistance has been given by the Fitness and Amateur Sport Directorate of the Federal Govern-

ment, and liaison has been established with the Coaching Association of Canada and the National/Provincial Sports Governing Bodies.

Further Information

For further information on the National Coaching Development Program, contact:

The Administrative Co-ordinator,
National Coaching Development Program
(Ontario),
Sports and Fitness Division,
Ministry of Culture and Recreation,
400 University Avenue, 23rd Floor,
Toronto, Ontario
M7A 2R9

or the sport of your choice at:

Ontario Sports Administrative Centre
559 Jarvis Street,
Toronto, Ontario
M4Y 2J1

or the program's local representative at: